FAMILY LIFE

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Four Steps To Better Families

The excessive break-up of marriages and the continual increase of juvenile delinquency are only two, among many evidences that family life in North America needs strengthening. There is no panacea for this trouble. There is no single measure that will eliminate all difficulties. But the many researches of the last decade point to a number of steps which any family can take for itself at no cost and which will produce far-reaching results. There are four requirements which of themselves would completely change the picture in a single generation. These are: family association, family ritual, family discipline and family love.

1. Family association. The researches carried out with many thousands of high school students in many parts of the continent under the direction of C. C. Zimmerman and Louis J. Cervantes show clearly the importance of association with persons who have satisfactory ideals and practices concerning marriage and the family. Couples who take pains to find their social life among such people have a high expectation of maintaining a satisfactory home. Couples whose social life is not discriminating, whose close friends and daily associates are people with destructive or negative outlooks on marriage, have themselves a high expectation of ending in the divorce court or at least of living in conflict. This does not mean the adoption of a snobbish attitude. People who need help should be given help but they should not be allowed to drag successful homes down to failure. If husbands and wives find most of their social life, and invite into their homes those of their own group, relatives, friends and acquaintances who have high standards of monogamy, they are protecting not merely themselves but their children.

2. Family ritual. This is the term used by James H. S. Bossard and Eleanor Boll to describe practices that are standardized in the home and that have a symbolic value. The various religious practices of course at once come to mind, but there is a wide range of other practices that turns out to be important in the creating and maintaining of family solidarity. The family council is outstanding in this respect. Celebration of birthdays and holidays, entertainment of friends and even the keeping of pets, may be in-

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cluded. Every successful family has its own customs. In one home the children prepare breakfast every Sunday for their parents. In another home father and children take complete charge of the meals on the mother's birthday. In a third, the wedding anniversary is marked by some such observances and so on. No two families will observe the same rituals but it is highly desirable that every family should seek for ways to strengthen these observances.

3. Family discipline. Many studies agree in showing that consistency of discipline is more important than the precise kind of discipline maintained. Objection may even be taken to the use of the word "discipline" as tending to connote the kind of unreasoned and sometimes brutal and degrading way in which the drill sergeant attempts to break the spirit of the draftee. What is wanted in the home is the acceptance of responsibility, and if children and adults alike are able to attain this, the discipline will be satisfactory. But there is definite need of standards which are maintained through self-acceptance and guidance by other members of the family. Teen-agers not merely need, but want, to know where the limits of behavior are and to be held to them. The greatest defect is parental inconsistency. The child is whipped today for something the parents think is cute or funny tomorrow. The adolescent is allowed to do as he pleases this week and then violently punished next week. Consistency between father and mother is particularly important. One of the greatest findings in the background of all kinds of unsatisfactory behavior; juvenile delinquency, adult criminality, homosexuality, mental breakdown, is the finding of a harsh and tyrannical father and an over-indulgent mother. In such a case the child's world has no consistency. He never knows whether his behavior is right or wrong, because half of his little world will punish him, the other half pet him. Research shows that even a fairly undesirable type of discipline may be successful if it is consistent.

4. Family love. It has never been doubted that love of parents for their children is necessary, and of course love of parents for each other is equally necessary. The broken home can hardly provide this. Some interesting studies show that the children who marry most successfully and who make the best sexual adjustment in their own marriages are children from homes where father and mother not only loved each other but were demonstrative in showing this love in the presence of the children. On the other hand, if the child feels sure that he is loved by his parents (particularly by his mother) he can survive many other vicissitudes.

Any home can, under normal conditions, provide these four requirements for itself. It can select its own associates carefully. If a family moves to a new community it can build up a new circle of friends by careful selection. It can establish and maintain its own ritual. It can build up internal discipline by intelligent guidance. It can maintain an atmosphere of harmony and freedom from destructive conflict by understanding the causes of conflict and removing them, or by-passing them. All these require proper edu-

cation, of course, but it is education which can be provided by the traditional educational agencies, the home, school, church and community activities. Lacking such education, these four requirements may never be met. If they are not met, family disintegration is almost inevitable.—P.P.

Research Notes

MONGOLISM is the result of both inheritance and environment. The potentiality for mongolism is carried in the genes, but the development of the defect depends also on the mother's health and the general condition of the womb at a very specific time during the pregnancy. (By George S. Baroff, Eugenics Quarterly: 5(4), 212-215, 1958. "Current Theories On The Etiology of Mongolism").

HIGH SCHOOL STUDENTS listed "emotional love" as the most important factor in the choice of a marriage partner, in a recent survey of 713 pupils. When questioned, the boys and girls defined emotional love as physical love. Inasmuch as this represents an immature reaction, the researchers commented, teen-age marriages may often be immature relationships. Such practical considerations as family background, intelligence and financial responsibility received last places, as a logical consequence of the romantic complex. From *Marriage and Family Living,* XXI (1), P. 77, Feb. 1959.

CHANCES are greater today than ever before that wives will outlive their husbands. The decreasing death rate, though it affects both sexes, still favors the female. It has postponed widowhood to a later age. Eight percent of today's widows are under 45, whereas in 1900 the figure was three times as high. Furthermore the decreasing death rate has lengthened the period of widowhood at every age. At present, 92 percent of women aged 30 have 25 years of life ahead of them. In 1900 the same proportion could expect to survive ten more years.

REPEAT CAESARIAN OPERATIONS are unnecessary half the time, said R. Gordon Douglas of Cornell University Medical College, after a study of 1,815 caesarean operations. He estimated that 62,500 such operations are performed unnecessarily each year in the U. S.

Educational Notes

"AGING And The Family Life Cycle," is this year's topic at the annual Family Life Education Workshop. It will be held at the College of the Pacific in Stockton, California from June 23 to July 3.

JOE AND ROXY, a film about adolescents and their world is available from International Film Bureau, 57 E. Jackson blvd., Chicago 4, Ill. Rental price is $7.00 a day; purchase price is $125.00, f.o.b. Chicago. Thirty min., 16mm., black and white, sound. Released 1958.

TWO WORKSHOPS will be given this summer at East Carolina College in Greenville, N. C. The first, "Family Life Skills," June 16-38, will carry ¾ hours undergraduate credit. The second, "Family Problems," August 1-12 will carry ¾ hours graduate credit.

"AGING" will be the topic of a White House Conference in January 1961.

ALMOST one half of the world's children are not enrolled in primary schools though the school facilities are

expanding faster than the population, reports UNESCO. Children from age 5 to 14 were surveyed in 197 national and territorial school systems.

"SEX AND FAMILY LIVING" is the title of a course for parents sponsored by the Detroit Council Of Churches. Among the discussion topics are: the place of sex in a Christian philosophy of life; the facts of reproduction; the socio-sexual growth of the child.

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Around the World

ARTIFICIAL INSEMINATION from a donor constitutes adultery on the part of the mother, in the judgement of an Italian court of appeals in Padua. The defendant, Mrs. Carla Casarotti, was sentenced to 20 days in jail and obliged a symbolical fine of one lira, (about one-sixth of a cent); but she was also obliged to pay the court costs amounting to 250,000 lira.

GENEVA has a music vacation camp for children aged 8-20. During the three week session, musically inclined children have the opportunity to perform together.

IPPF, the International Planned Parenthood Federation, has accepted sterilization as part of its policy. The governing body however, leaves the issue up to the individual countries to do what they think best.

COSTA RICA has named its organization committee for the Fourth Panamerican Congress on Social Service to be held in that country in 1960.

POLAND has family planning clinics in Ministry of Health offices all over the country. At the Warsaw center advice is given on birth control and marital problems. A contraceptive mail order service is already in operation. Maternal health and the care of babies are still other problems considered at the centers.

AUSTRALIA assisted some 10,000 deserted wives in 1958, as opposed to 4,280 in 1947. The increased cost to the Commonwealth (in 1958 it was 2½ million pounds) causes a serious problem.

ABORTION, unfortunately, has been the most effective means of reducing the birth rate in Japan, reported Professor Juitsu Kitaoka of Kokugakuin University, Tokyo. Japan has halved her birth rate in ten years. The Government has taken measures to promote family planning. About 40,000 midwives have been trained and contraceptive instruction was given at 900 health centers.

EUGENICS is needed now, in the Atomic Age, more than ever before, said Dr. C. P. Blacker, Chairman of the International Planned Parenthood Federation (I.P.P.F.). Our times have created a demand for people of high intelligence and the increasing complexity of life has called for a capable governing class. The quality of children in the future, will be of prime importance, he declared.

INDIAN parents are reluctant to give sex instruction to their children, said Dr. Sadiq Hussain of Lahore, at the IPPF conference, held in February in New Delhi, India. Over 90 percent of students questioned admitted that they had never received parental guidance on sex matters.

HIS FAMILY is the 1958 annual report of the Council for Social Service of the Anglican Church of Canada. It describes the ways in which the Church can help the family and its different needs.

Group Counseling

From one point of view, the most important thing anyone does in life is to get along with other people. How can the individual be helped, who finds it difficult to live comfortably with his fellow men and women? Help has been offered him from many sources,—education, psychotherapy in all its forms, religion. It ought to be obvious that there is no one way of giving help successfully, and part of the failure of society to provide adequate help is due to the petty quarrels of various "schools of thought," which sometimes seem to be more intent on aggrandizing themselves and eliminating rivals than on promoting the mental health of the community. Largely as a result of Sigmund Freud's influence, individual therapy came to be regarded as the standard or ideal procedure. In a popular psychoanalytic concept, the patient learned how to get along with his analyst and when he could do that successfully, he was supposed to be able to go out and get along with others.

It was always self-evident that another and perhaps easier way to reach this end was to let the patient start with a group and learn directly to get along with it. Parents sent a difficult son or daughter to boarding school. "Group therapy" of this kind is as old as civilization. The primitive Christian church must have functioned largely as a means of group counseling. But the systematization of group counseling in the light of a growing knowledge of psychology dates back not much more than a half century. Progress was made in many countries, perhaps most conspicuously in the United States, where the psychiatrist L. C. Marsh, dissatisfied with the methods used in "insane asylums," outlined bold new methods of procedure, which are not yet fully attained. The "Oxford Movement" developed group counseling in one form, Alcoholics Anonymous with conspicuous success in another. Books began to appear on the subject. Two new ones offer a good picture of the situation today.

J. W. Klapman has brought out a second edition of *Group Psychotherapy: theory and practice* (the first edition appeared in 1946). For the layman this is one of the best discussions of the subject, particularly because of the author's broad view. There are many kinds of group counseling at many levels, he agrees, and he asserts that it is ridiculous to think that one level, for instance the psychoanalytical, is more honorific, more "scientific," than another. "The amount of genuine therapy and creativeness called for by the so-called lower orders of therapeutic techniques is no less," he insists. "The closest parallel may be regarded as the art or discipline of general education. All honor to the erudite college professor, who may be actively engaged in research as well. But as far as the art of teaching is concerned, it is possible that the kindergarten teacher accomplishes an even more monumental work."

Dr. Klapman's discussion of the dynamics of group therapy is particularly comprehensive and sensible. How, for example, shall the persons be selected who are to make up a group? It is sometimes supposed that they should be homogeneous in that all have the same diagnosis. Such an idea, Dr. Klapman declares, is entirely fatuous. The most effective grouping involves nothing more than excluding certain fairly typical personalities already

known to be destructive of the group process, of which he lists four:

1. The "monopolizer."
2. The "help-rejecting complainer."
3. "The doctor's assistant."
4. "The self-righteous moralist."

Different methods are described for dealing with three levels of patients,—those with slight disturbance or disorganization, those with a moderate degree, and those whose personalities are severely impaired. This includes a discussion of treatment of seriously ill persons, schizophrenics for example, in state hospitals.

Dr. Klapman describes many forms of group therapy, including psychodrama. B. Bohdann Wassell, on the other hand, limits his consideration to a psychoanalytic procedure as indicated by the title of his book, *Group Psychoanalysis*. He points out many advantages of group techniques, particularly in economy of time on the part of the analyst and therefore of money on the part of the patient. He reviews the disadvantages, one of the most serious of which he takes to be the inadequate opportunity for interpretation of dreams. He follows largely the theories of Karen Horney. As Dr. Klapman points out in the book previously mentioned, the interpretation of a dream by a disciple of Freud, Jung, and Adler respectively, would be quite different, and many students would think this not an important part of the treatment. Dr. Wassell considers the ideal method to be a combination of group and individual therapy.

Each of these books is written by an experienced psychiatrist and both of them offer the reader a great deal of insight into the mechanisms of human behavior. Dr. Klapman is more eclectic, Dr. Wassell more doctrinaire. Each of them makes a real contribution to what is perhaps the most important trend in mental health today.

GROUP PSYCHOTHERAPY: theory and practice, by J. W. Klapman, 2nd ed., Pp. 301, price $6.75 from Grune & Stratton, 381 Fourth ave., New York 16, N.Y., 1959.

GROUP PSYCHOANALYSIS, by B. Bohdan Wassell. Pp. 306 (no index), price $3.75 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1959.)

Inexpensive Pamphlets

A CAREER IN HEALTH? by Herbert Yahraes. Pp. 27, price 25c from the Public Affairs Committee, 22 E. 38th st., New York 16, N.Y. Discusses in some detail the training needed for different kinds of jobs in the health field and the cost of that training.

WHAT'S WHAT FOR CHILDREN, edited by Eve Kassirer. Pp. 115, price 50c plus 5c stamps or money from Citizen's Committee on Children, c/o The Runge Press Ltd., 124-128 Queen st., Ottawa, Canada. To help parents select the right toy, record, book, art material etc. for the right age and interest of the child.

ACCIDENTS AND CHILDREN, Pp. 19, price 15c from the Superintendent of Documents, U.S. Govt. Printing Office, Washington 25, D.C. Children's Bureau Folder No. 48-1950.

THE SECOND LOOK, by Nora Stirling. Pp. 32, price 25c from General Committee on Family Life, Box 871, Nashville, Tenn. One-act play about a typical family problem—lack of togetherness.

DREAMS And Their Meanings by Leo Francis. Pp. 64, price 50c from Sterling Publishing Co., Inc., 419 Fourth ave., New York 16, N.Y. Of no scientific value.

NEW BOOKS IN BRIEF REVIEW

A CHRISTIAN INTERPRETATION OF MARRIAGE, by Henry A. Bowman. Pp. 127, (no index), price $2.50 from Westminster Press, Witherspoon bldg., Philadelphia 7, Pa., 1959.

Preparation for marriage is continually becoming more important in American churches. The minister is giving more time to counseling with those about to wed, and many churches also conduct classes for young people looking forward to marriage. Dr. Bowman himself has been conducting such classes for a quarter of a century, and now embodies in this valuable little book his thinking and his experience in answering the questions of those who are particularly concerned about religious aspects of the sex relationship. The book will be of value not merely to pastors and educators but to every person who accepts the Protestant-Christian view of marriage and wants to consider its implications in daily life. Dr. Bowman is associate professor of sociology at the University of Texas. His previous book, *Marriage for Moderns,* has long been a standard and widely-used college textbook.

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OUR TROUBLED YOUTH, by Frederick Mayer. Pp. 93 (no index), price $2.50 from Public Affairs Press, 419 New Jersey ave., S. E., Washington 3, D.C., 1959.

It is the home which is the real breeding ground of delinquency, says Dr. Mayer (professor of the humanities at the University of Redlands). Children need not only love, but authority, in their own homes. The school also has an important role to play: "Grades, tests, formal knowledge are secondary. Instead, we should stress the counseling. Teaching in the future will involve more the therapeutic function of the instructor. Undoubtedly, we need more male teachers to guide the early experiences of the child. A more elastic curriculum should be developed so that we can avoid the many dropouts who become delinquents. *A more concentrated investment in education is the best insurance against delinquency."* Dr. Mayer writes in a popular style with innumerable illustrations. The book provides a sound and important discussion of one of the most serious of contemporary problems. It should be read widely.

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THE STATUS SEEKERS, by Vance Packard. Pp. 376, price $4.50 from David McKay Co., 119 W. 40th st., New York 18, N.Y., 1959.

Mr. Packard, a journalist who turned out two years ago a book called *The Hidden Persuaders,* which was widely influential, has produced another important piece of research and reflection dealing with the pervasive influence, in American culture, of snobbery and prejudice of many kinds. This grows partly out of the over-valuation, as he sees it, of a college diploma in the business and industrial world. Along with this goes a tremendous campaign to make money by appealing to snob interests. He attaches much weight to housing: today's Home Sweet Home is not a center of family life so much as an evidence of status. He discusses the situation of the "minority groups" who consist of 50,000,000 persons altogether; talks of the barriers in church as well as in school and in

social life. All this has a crucial bearing on the choice of a mate and on successful marriage and family life. A solution of the problems he presents is not so easy. People must be judged not by the symbols they display and the labels they wear but by their individual worth, he insists; and opportunity (including college education) must be made available to everyone on the basis of individual merit. This book ought to be widely read and studied and it undoubtedly will be.

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SEX AND FAMILY IN THE BIBLE, by Raphael Patai. Pp. 282, price $3.95 from Doubleday & Co., Garden City, L.I., N.Y., 1959.

Dr. Patai is an outstanding authority on the anthropology of the Middle East. In this book he analyzes the customs of the countries in which the Bible and the Koran prevail, showing their background in earlier history. Many of these old customs are of course becoming obsolete or disappearing completely with the spread of "civilization", and it is well worth while to have them collected, to throw light on the interpretation of many passages in the sacred writings. This scholarly work provides fascinating reading and deserves wide distribution.

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NEW KNOWLEDGE IN HUMAN VALUES, ed. by Abraham H. Maslow. Pp. 268, price $4.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1959.

For some decades scientists pretended that values had no place in their world—values were for philosophers and moralists. It has gradually come to be realized that a world without values is not a human world. In this book 15 competent thinkers discuss their ideas of what the main values in life are, and *why* they are. On the first point there is not much disagreement; love, truth, beauty, and self-realization are supreme goods. Much of the book is taken up with an indecisive discussion of why mankind has found these to be good. More important to the average person is an understanding of how these values can be increased and how they can be safeguarded and promoted in specific situations—to take a single instance, just what attitude should one take toward pre-marital sexual intercourse, in the light of an understanding of the supreme values. The book gives little help on this point, but it is full of thought-stimulating ideas in general.

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THE UNCONSCIOUS IN HISTORY, by A. Bronson Feldman. Pp. 269 (no index), price $4.75 from Philosophical Library, 15 E. 40th st., New York, N.Y., 1959.

The essays in this volume represent an effort to work out, chiefly with the aid of psychoanalysis, the main motives of human development. Dr. Feldman is director of the mental hygiene division of Psychological Services, Inc.

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ADVENTURES WITH CHILDREN, by Elsa Barnouw and Arthur Swan. Pp. 276 (no index), price $2.50 from Thomas Y. Crowell Co., 432 Fourth ave., New York 16, N.Y., 1959.

Intended primarily for adults who work in a nursery school or kindergarten, this book will equally interest parents. It is made up largely of descriptions of the behavior of children, with interpretation and comment. There are plenty of books of this kind, so the authors are not breaking new ground; but they have done their work well.

Elsa Barnouw is director of the Gardens Nursery School in New York City. Mr. Swan, whose interest is particularly music, was on the staff of the Riverside Church Nursery School for seven years, but has left this for a professional singing career.

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NOW OR NEVER, by Smiley Blanton with Arthur Gordon. Pp. 273 (no index), price $4.95 from Prentice-Hall, Englewood Cliffs, N.J., 1959.

Value of the middle years is stressed by psychiatrist Blanton, widely known for popular books of which *Love or Perish* became a best-seller. Everyone faces anxiety, he declares, and this is of three kinds: existential, situational and neurotic. Good mental health will handle all three of them satisfactorily. The enemies of marriages are infantilism, persistence of parental patterns, and failure to understand the differences between men and women. There are six ingredients of successful marriage that are within the grasp of any man or woman: politeness, honesty, communication, appreciation, flexibility, and realism. The book runs through all the major problems of middle age in a simple, sound, and very helpful way. Mr. Gordon, a professional writer who put the material into shape for publication, has done an excellent job. This book should be as popular as its predessors, and as helpful.

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THE COMPULSION TO CONFESS, from the works of Theodore Reik. Pp. 489 (no index), price $7.50 from Farrar, Straus, and Cudahy, 101 Fifth ave., New York 3, N.Y., 1959.

Four studies, published in German a generation ago and (with one exception) not previously translated into English. They are interesting discussions of crime and punishment, from a psychoanalytic point of view.

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A PARENTS' GUIDE TO THE EMOTIONAL NEEDS OF CHILDREN, by David Goodman. Pp. 318, price $4.95 from Hawthorn Books, 7 Fifth ave., New York 11, N.Y., 1959.

Love and common sense are Dr. Goodman's prescriptions, and he offers constructive and wholesome advice to parents—and grandparents as well. The child needs love, acceptance, security, protection, independence, faith, guidance, and control, he says, and he illustrates each of these points effectively with case histories and anecdotes. Dr. Goodman is an educator and columnist.

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HUMAN NATURE AND CHRISTIAN MARRIAGE, by William P. Wylie. Pp. 128, price $2.50 from Association Press, 291 Broadway, New York 7, N.Y., 1959.

Human needs in sex, love, and marriage are best met and most fully satisfied by the Christian ethic, says this priest of the Church of England.

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GOD, SEX, AND YOUTH, by William E. Hulme. Pp. 178 (no index), price $2.95 from Prentice-Hall, Englewood Cliffs, N.J., 1959.

Addressing himself to teen-agers, Dr. Hulme discusses the problems involved in the development of the sexual nature during the adolescent years. The author is professor of pastoral theology and pastoral counseling at Wartburg Theological Seminary, Dubuque, Iowa.

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TILLAMPNINGEN AV LAGEN OM STERILISERING IN FINLAND, by C. A. Borgstrom. Pp. 214, paper covers, no

index, from Akademiska Bokhandeln, Helsingfors, Finland, 1958.

This comprehensive report on the results of Finland's sterilisation law, which has been in force for nearly a quarter of a century, is fortunately accompanied by an excellent summary in English. Only about a hundred persons are sterilized annually in Finland, 58% being mental defectives, the remainder being mentally diseased in one way or another. Dr. Borgstrom thinks at least 700 mental defectives should be sterilized annually, and that an official should be appointed whose sole duty it is to popularize and enforce the law.

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LOVE IS SOMETHING YOU DO, by Frederick B. Speakman. Pp. 154 (no index), price $2.50 from Fleming H. Rebell Co., Westwood, N.J., 1959.

A deeply religious but easily read book by the pastor of the Third Presbyterian church, Pittsburgh, Pa.

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Other Books Received

CONCENTRATION: a guide to mental mastery, by Mouni Sadhu. Pp. 222 (no index), price $3.50 from Harper & Bros., 49 E. 33d st., New York 16, N.Y., 1959.

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Training for Teachers of Childbirth Education

Public interest in education for childbirth is increasing so rapidly that it exceeds the facilities for teaching expectant parents who are eager for information and help. The American Institute of Family Relations began its instruction program in 1954 with one class under the direction of Mary Jane Hungerford, Ph.D. At present it operates classes on a continuous basis.

Because of the need for additional instructors, teacher training classes are offered at the Institute twice a year, in February and June to qualified women who want to increase their usefulness and their income by part-time work in developing programs in their own communities. Essential background for this training is certification in nursing, physical therapy, or education. Often the most suitable candidates are married women with experience in motherhood who can combine a few hours a week of teaching with their homemaking.

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Dr. Hungerford, Assistant Director of the Institute's Department of Education, will conduct the course. She has had 20 years of college teaching experience, including personal hygiene, anatomy and physiology, and body mechanics. She has had special training and five years' experience as a family relations counselor, and is the mother of three children, ages 2, 5, and 7, all born normally.

To obtain a registration form, a detailed hourly schedule of the course, and a list of local accommodations for those who come from out of town, please write or telephone the Institute.

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It helps young people to prepare for marriage, aids those already married to solve their problems of adjustment, and deals with a wide range of problems in the fields of sex, heredity, love, marriage, and parenthood. The Institute now has a staff of over sixty well qualified, trained counselors at the Los Angeles headquarters.

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